

Health Counts

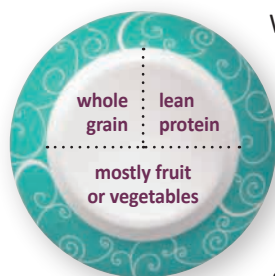
Uniform Medical Plan's Rewards Program for Good Health Habits

Spring 2012

nutrition watch



Get Your Plate in Shape



Would you like to eat more greens but find salads a bit boring? Turn a basic salad into an appetizing feast with a little creativity.

Mix it up. Add texture and flavor by combining three types of greens: one mild such as Boston, bibb or spinach; one crisp such as romaine, shredded cabbage or escarole; and one for zippy taste — tart (mustard), peppery (frisee) or bitter (endive or radicchio).

For a quick salad, add mesclun (a mix of some of the above) to a mild lettuce.

Add new garnishes. Try edamame (green soybeans), diced beets, green onion, fruit, hearts of palm, artichoke hearts, flavored nuts, sunflower seeds, bean sprouts, water chestnuts, sliced olives, roasted peppers or fresh herbs (basil, dill, parsley or chives).

Get fresh. Bottled salad dressings are quick, but why not whip up a fresh batch with a small food processor or blender? Put all fresh ingredients and vinegar (or citrus juice) in first, then start the processor and slowly add oil. Use roughly one part vinegar to three parts oil. **Tip:** Dressings made from oil and vinegar are sodium-free. The bottled versions can be very salty.

 Visit Health Counts at www.ump.hca.wa.gov.

For Your Information — Online resources to keep you well

Want an estimate of your health care costs?

On myRegence.com, click the “health cost estimator” under the My Advisor tab to get costs for doctor visits, procedures and lab tests. You’ll also earn 1,000 points toward a gift card when you do it. For prescription drug prices, use the “prescription price check” tool on the UMP website at ump.hca.wa.gov.

Journaling helps you reach your goals

Writing goals and tracking your progress in a journal is a proven way to help you meet your fitness goals. On myRegence.com, you can record your exercise and earn thousands of Health Counts points each month. “Healthy Journey” and “Move it” Programs are just a few of the ways you can track your exercise. Visit Health Counts or log on to myRegence.com today and get moving.

Health Counts is more rewarding in 2012...

Health Counts continues to reward you for taking a health assessment but now you can earn bonus points for a wide variety of activities. Exercising, quitting tobacco and participating in online health programs are just a few of the things you can do to earn up to \$85 in gift cards. For details, visit Health Counts online.



Health Counts

www.ump.hca.wa.gov/healthcounts



**What Is the
Kettlebell Craze?**

Turn the page to find out. ➡

in and out: wellness



Track Your Daily Choices

- 1 If you don't already log what you eat and drink daily, now is a great time to start.
- 2 Record everything you eat and drink and your moods.
- 3 Notice patterns of when, how and how much you eat.

Self-Care for Canker Sores

Try this home remedy for canker sores. Make a solution of half hydrogen peroxide and half water. Apply this mixture to the sore with a cotton swab. Next, dab a bit of milk of magnesia on the spot and repeat three to four times a day to soothe the pain and possibly speed healing. If the pain worsens, if the ulcer lasts more than two weeks or if you get sores more than two or three times per year, see your health care provider.

Getting to Know You

Having the life you want depends in part on knowing yourself well. **Here are some ways to help you learn more about yourself:**

Know your body. Pay attention to how much sleep you need — and what happens when you don't get it. When do your energy and alertness peak? Can you tell the difference between true hunger and emotional eating? Can you feel stress affecting your body before the symptoms become severe?

Know your style. What are your strengths and weaknesses? What makes you unique? What motivates you? What types of people, movies, books or news are you drawn to? Ask those who know you well for feedback on how you present yourself, what makes you attractive and what areas need work.

Know your values. What are your most important priorities in life? Are your daily activities in line with your values?

Write on. A journal can help you stay in touch with your thoughts and feelings.

Take positive risks. Tasting a novel food, trying a different sport or talking to someone new can help you discover what you like.

Get help. There are many excellent self-help books that can give you strategies for addressing areas of concern.

A counselor or psychotherapist can help you look at yourself honestly and help you make the changes you want.



LONGEVITY CORNER | Practice Your ABCS

The U.S. Department of Health just announced a new initiative called ABCS — Aspirin, Blood Pressure, Cholesterol and Smoking, a program that could prevent 1 million strokes and heart attacks over the next five years. **Do your part with these four steps:**

1 If you're not on aspirin, ask your doctor or your health care provider if it's right for you. If you're over 50,

chances are aspirin would benefit you. **Note:** Some people can't tolerate aspirin, so always get your health care provider's or doctor's OK before taking aspirin.

2 If your blood pressure is higher than 120/80, you may need two or three prescription drugs to bring it under control. Generic versions of these medications make them more affordable than ever.

3 Check your cholesterol every year or two. Eat better and exercise, and if that's not enough to improve your numbers, consider a statin drug — they work.

4 If you smoke, quit. It takes many smokers six to eight rounds of quitting to succeed. Be the little engine that could, and try again.

— Zorba Paster, MD



fit in fitness

A Closer Look at the Kettlebell Craze

If you're looking to get more out of your exercise routine, a kettlebell workout might be just right for you. Having originated in Russia in the early 1700s, this workout is coming back into fashion as it combines cardio and strength training.

What are kettlebells? They are cannonball-shaped iron spheres with handles that you lift or swing. They come in various sizes: Men typically start with 15-25 pounds; women use eight to 15 pounds.

What's the workout like? You target different muscle groups with a series of moves, doing several reps of each and recovering for 30 seconds between moves. For best results, perform the routine two to three times a week. As you get stronger and more skilled, you can add reps, decrease recovery time or

increase weight to challenge your body, as long as you maintain proper body alignment and exercise technique. Be sure to stretch and warm up before and after each session.

How does it compare with lifting weights?

Kettlebell workouts can be higher-intensity and more aerobic than standard weight-training routines, which is useful for weight loss.

What else do I need to know? CAUTION These workouts are **intense**, so talk to your health care provider if you have any health conditions, back or joint problems or have not exercised for a while. Kettlebells can be effective if used appropriately, dangerous if not. Learn from a professional and/or through the resources at www.acefitness.org.

nutrition watch

Sugar by the Numbers

Advice about limits on daily sugar in the diet varies. It ranges from no more than about two teaspoons per day (DASH Diet) to no more than six teaspoons per day for women and no more than nine per day for men (American Heart Association) to no more than 12 teaspoons per day or up to 10 percent of calories (World Health Organization).

You don't have to look very far to find added sugar in foods and beverages. And since food labels refer to sugar in grams vs. teaspoons, we thought the following examples would be helpful, especially if you have a sweet tooth.

Soda, 12-oz can: 33 g of sugar = 8 tsp

Soda, 16-oz: 44 g of sugar = 11 tsp

Soda, 20-oz: 55 g of sugar = 14 tsp

Candy bar, 28 g of sugar = 7 tsp

Jellybeans (¼ cup), 44 g of sugar: 11 tsp

Added sugars, like the sweets listed above, may be working against your good health. If you have a sweet tooth, opt for foods that have natural sugars instead, such as fruit.



Pack a Healthy Lunch

Eating lunch from home can satisfy a hearty appetite, keep you healthy and save you money at the same time.

Best of all? You can control the sodium, fat and sugar.

best bites

CALORIES vs. SERVING SIZE

1 (12.8 oz) frozen Margherita pizza (thin crust) = **290 calories?**

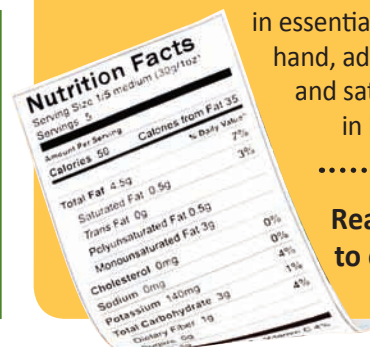
BUYER BEWARE

The whole pizza is actually **3 servings** for a whopping **870 calories**.

Food labels list the calories *per serving*, not the total amount of the contents in the package.

Good nutrition consists of whole grains; plenty of vegetables, fruits, beans and other lean protein foods; low-fat or fat-free dairy products; and soy. Each of these generally **NUTRIENT-DENSE** foods benefits your body in essential ways. On the other hand, added sugars, sodium and saturated fat are low in health benefits.

Read food labels closely to choose wisely.



Earn up to \$85 in gift cards from Health Counts in 2012!

Health Counts offers more ways for you to earn points and gift cards in 2012. You choose the activities you want to do — Health Counts and myRegence.com provide the support and rewards! Visit Health Counts online to learn more.



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Mixed Greens With Fruit and Nuts

Salad, Step 1:

- 2 seedless oranges, segmented
- 1 cup seedless red grapes, halved
- 1/3 cup thinly sliced red onion



To peel and section oranges: First cut off end of each orange, then slice away remaining peel. Next, slice and separate orange segments from white pith; do this over a bowl to catch juice.

- 1] Place orange segments with grapes and onion in a bowl. Whisk together dressing and toss with salad ingredients (oranges, grapes and onion).
- 2] Place greens evenly on 4 salad plates and distribute fruit salad onto each. Top with Parmesan and pine nuts. Serve immediately.

MAKES 8 cups — 4 servings. Per serving:

90 calories | 3.9g protein | 7.4g fat | 1.4g sat fat | 4mg cholesterol | 22.6g carbs | 16.4g sugar | 5g fiber | 241mg sodium

EASY | RECIPE

from Personal Best®

Dressing:

- 2 tbsp juice from oranges
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- ¼ tsp salt
- Fresh ground black pepper to taste

Salad, Step 2:

- 6 cups mixed greens
- ¼ cup Parmesan cheese
- 2 tbsp toasted pine nuts

To toast pine nuts: Put them in a hot dry skillet and stir until golden brown, 30-60 seconds.

Q: What are the benefits of insoluble fiber?

A: Fiber from food consists of the parts of plants your body cannot digest. A type of fiber that does not dissolve in water is termed insoluble fiber. This type of fiber attracts water and swells. The indigestible swollen fiber passes through your digestive tract where it provides bulk for your stools. **Insoluble fiber plays several crucial roles.** It helps maintain bowel regularity to reduce bouts of constipation and diarrhea. The fiber may also help prevent hemorrhoids and small pouches in your colon called diverticula. But evidence that the fiber reduces colon cancer risk is mixed.

— Elizabeth Smoots, MD, FAAPF

well-being

Five Pick-Me-Ups to Try

If you're having a day when your spirits are a bit low or your mind feels foggy (and we all have those sometimes), try one of these easy tips to clear your head and pep you up.

1 CONNECT with a friend. A quick phone call, coffee break or lunch gives you a chance to talk, laugh and relax.

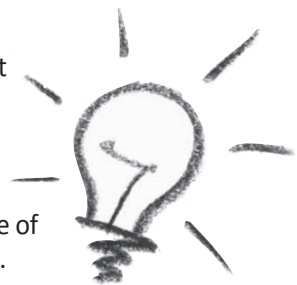
2 GO for a walk or a drive. Sometimes a change of scenery is all you need to clear your head and turn your outlook from negative to positive.

3 TREAT yourself. Have a snack, go shopping, visit a museum, take in a sporting event or go for a stroll in the park.

Perhaps you're feeling unmotivated because lately you haven't taken care of your greatest asset — you.

4 REMIND yourself of good times. Keep a vacation picture, a special card from someone you care about or a drawing by one of your children in a desk drawer to inspire you.

5 TAKE some personal time. If you've been under a lot of stress, consider a long weekend or mini-vacation. Extra rest and downtime work wonders.



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Live Well, Be Well : Spring 2012